

TIPS FOR PREPARING CONCENTRATE FORMULA

- ❖ Always wash your hands, bottles, and other mixing tools with warm, soapy water. Rinse.
- ❖ Use only cold water from the tap (not hot) and allow to run for at least 3 minutes before collecting water to flush pipes.
- ❖ Boil water for 1-2 minutes. Let water cool until warm before mixing with formula.
- ❖ Mix entire can using the directions on the label.
- ❖ Test temperature. Allow to cool if too hot.
- ❖ Throw away unused formula left over in bottle. Store filled bottles in the refrigerator. Use within 48 hours.
- ❖ Store unopened formula cans at room temperature.

****Preparing Concentrate and Powder Formula:** Boil tap water until infant is at least 6 months of age.

TIPS FOR PREPARING POWDER FORMULA

- ❖ Wash your hands, bottles, and other mixing tools with warm, soapy water. Rinse.
- ❖ Use only cold water from the tap (not hot) and allow to run for at least 3 minutes before collecting water to flush pipes.
- ❖ Boil water for 1-2 minutes. Let water cool until warm before mixing with formula.
- ❖ Mix using the can directions.
- ❖ Test temperature. Allow to cool if too hot.
- ❖ Throw away unused formula left over in bottle. Filled bottles not used right away should be stored in refrigerator and used within 48 hours.
- ❖ Cover opened can and store in cool, dry place (not in refrigerator). Date the can, when opened. Use the rest of can within 1 month after opening.

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Bottlefeeding Basics



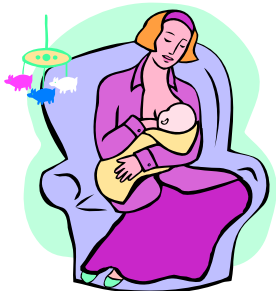
**For more information contact the
SD Department of Health:
1-800-738-2301**





BOTTLEFEEDING

- ❖ Breastfeeding is the best way to feed to your baby.
- ❖ Bottlefeeding is a good supplement to breastfeeding, if needed, or to feed your baby if you do not breastfeed.
- ❖ Feed only iron fortified formula. Newborn babies will eat about 2-4 ounces every 2 to 4 hours. Increase in small amounts until your baby is taking around 25-35 ounces by about 4 months of age.



TIPS TO THINK ABOUT... PREPARATION

- ❖ Always follow a proper bottle cleaning and filling process.
- ❖ Prepare formula and bottle by the directions on the can.
- ❖ Warm bottle carefully. Use warm water. Microwaving bottles may cause a hot spot that may burn the baby's mouth.
- ❖ Always use a clean bottle.

TIPS TO THINK ABOUT... FEEDING



- ❖ Always cradle your baby's head in a semi-upright position and support head.
- ❖ Avoid feeding baby lying down, or propping the bottle as this can lead to increased risk of ear infections and choking.
- ❖ If your baby is still hungry when the bottle is empty, offer your baby more formula.



- ❖ When your baby goes to sleep, avoid propping or allowing the baby to go to sleep with a bottle.
 - This can lead to tooth decay and can make weaning from the bottle more difficult.
- ❖ Allow your baby to eat until full. If he/she does not want the bottle, do not force the bottle.
- ❖ Not all babies are able to follow a rigid feeding schedule. Allow the baby to eat when hungry.
- ❖ Use a bottle only for formula, breastmilk, or water. Do not feed your baby cereal or juice from the bottle.
- ❖ Avoid allowing your child to walk around with a bottle or use the bottle as a pacifier.

